

# 家和求助熱綫



(Chinese) 如果你正受到家庭關係問題的困擾，或希望找人用中文交談或獲取資訊，  
請電家和求助熱綫 1-888-847-7205。

接通後，將用英語請你選擇所用語言。亞洲和南亞語言按“2”，“國語”按“5”，“廣東話”按“6”。

此為免費電話並專門為不會講英語的婦女而設。你也可以查詢多語種服務專案網站  
[www.map-seattle.org](http://www.map-seattle.org)。

If something in your relationship is bothering you and you want to speak to someone or get information in Chinese, call the Peace in the Home Helpline at 1-888-847-7205. You will be asked in English to press “2” for “Asian and South Asian languages”, and press “5” for “Mandarin”, or press “6” for “Cantonese”.

The call is free and the program is for non-English speaking women.

You can also visit the Multilingual Access Project (MAP) website at [www.map-seattle.org](http://www.map-seattle.org).

**1-888-847-7205**

**Multilingual Access Project (MAP) Website**  
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